



# Group Exercise ETIQUETTE

*Let's make it a great experience for everyone by following these guidelines...*



## Dress accordingly

Wear appropriate clothing and clean footwear at all times

## Shhh....

Talking is a distraction for the instructor and other participants - please keep conversations to a minimum



## Time to disconnect

Turn off mobile phones or set to silent



## Seek help

If you feel breathless, faint or unwell at any time please stop exercising and seek help from the Instructor



## Your equipment

Return equipment to where it is stored, but please do not pack away until the class has finished - it's distracting for others. Please refrain from moving indoor cycling bikes once they've been set up



## Personal Care

Please maintain a good level of personal hygiene



## Stay hydrated

Bring a water bottle with you

## Exercise Mat's

Participants are requested to provide their own Mat to exercise with, where appropriate.

## Respect

Be respectful to both your instructor and fellow participants. Remember this is a shared space for all

## No latecomers

Please always arrive 5-10 minutes early. If your class has started, we can't let you in as it will disrupt the workout

## Help is on hand

We can all forget from time to time, so if you do forget any of the guidelines above our friendly instructors and team are on hand to give you a polite reminder



**Want to talk?**  
*If you have any feedback, questions or queries please contact Vicki Garbutt, Group Exercise Co-ordinator*  
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